

Independent Living (8219)

Balancing Work and Family [IL.1](#)

- 1 Identify the meaning of work and the meaning of family. [IL.1.1](#)
- 2 Identify strategies for balancing work and family roles. [IL.1.2](#)
- 3 Describe the interplay between work life and family life. [IL.1.3](#)
- 4 Explain how social, economic, and technological changes and trends affect work and family dynamics. [IL.1.4](#)
- 5 Apply problem-solving processes to identify solutions to work or family situations. [IL.1.5](#)
- 6 Evaluate how one's values influence his/her decision making. [IL.1.6](#)

Creating and Maintaining Healthy Relationships [IL.2](#)

- 1 Explain the benefits of establishing and maintaining healthy relationships. [IL.2.1](#)
- 2 Identify the situational guidelines that influence behavior in interpersonal relationships. [IL.2.2](#)
- 3 Identify conflict-resolution methods. [IL.2.3](#)
- 4 Evaluate conflict-prevention and management techniques. [IL.2.4](#)
- 5 Identify aspects of mental illness that can affect healthy relationships. [IL.2.5](#)

Managing Resources to Achieve Goals [IL.3](#)

- 1 Distinguish between wants and needs. [IL.3.1](#)
- 2 Develop short- and long-term personal goals. [IL.3.2](#)
- 3 Use the FCCLA planning process to achieve individual and group goals. [IL.3.3](#)

Making Responsible Consumer Choices [IL.4](#)

- 1 Evaluate sources of consumer information. [IL.4.1](#)
- 2 Identify strategies for a planned buying process. [IL.4.2](#)
- 3 Describe consumer rights and responsibilities. [IL.4.3](#)

Managing Personal and Family Finances [IL.5](#)

- 1 Describe the importance of the fundamental principles of economics on personal finances. [IL.5.1](#)

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- 2 Evaluate personal banking services.** IL.5.2
 - 3 Identify savings and investment options.** IL.5.3
 - 4 Identify the influence of a credit report.** IL.5.4
 - 5 Describe identity theft.** IL.5.5
 - 6 Identify strategies for making decisions about debt.** IL.5.6
 - 7 Identify strategies for managing risk.** IL.5.7
 - 8 List legal documents related to home, personal, and family management.** IL.5.8
 - 9 Develop a spending plan.** IL.5.9
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Creating and Maintaining a Living Environment IL.6

- 1 Examine rights and responsibilities of homeowners, landlords, and tenants.** IL.6.1
 - 2 Compare housing options.** IL.6.2
 - 3 Explain the home-seeking process.** IL.6.3
 - 4 Outline necessary home-maintenance tasks with regard to resources and abilities.** IL.6.4
 - 5 Design a living environment to meet personal, family, and financial needs.** IL.6.5
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Obtaining and Maintaining Clothing for Self and Family IL.7

- 1 Identify factors to consider when selecting clothing.** IL.7.1
 - 2 Demonstrate clothing maintenance.** IL.7.2
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Planning, Preparing, and Serving Nutritious Foods IL.8

- 1 Identify grocery shopping strategies.** IL.8.1
 - 2 Evaluate the nutritional information of various foods.** IL.8.2
 - 3 Demonstrate food safety and sanitation procedures.** IL.8.3
 - 4 Identify food-preservation methods.** IL.8.4
 - 5 Identify preparation techniques for preserving nutritional value in food.** IL.8.5
 - 6 Describe strategies for healthy eating.** IL.8.6
 - 7 Demonstrate the ability to prepare nutritious meals.** IL.8.7
 - 8 Demonstrate the ability to serve nutritious meals.** IL.8.8
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**Exploring Human
Development** IL.9

1 Identify principles of human growth and development. IL.9.1

2 Describe conditions that influence human growth and development. IL.9.2

3 Identify roles and responsibilities of caregiving. IL.9.3

4 Identify caregiving practices that maximize human growth and development. IL.9.4